

# KIMOCHI 気持会

Continuing the Japanese Tradition of Care and Support for Seniors

WINTER 2019



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# A Message from the Executive Director

## 事務局長からのメッセージ

As we wind down to the end of the 2019 year, we, at Kimochi, reflect on this year of providing programs and services and the many seniors, their family members and caregivers we have touched. We look forward to next year, our 49th year, and hope to continue to be a resource and focus on the importance of social interaction and healthy aging to strengthen mind & body and reduce isolation.

We ask all to support and encourage the seniors in our lives to be active. Participate in one of the many programs available at Kimochi from Community Dining and group activities at the Senior Center, Adult Day at Kimochi Home, trips with our Club Nikkei program, and the intergenerational workshops from our C.A.R.E. Program. We can assist you in choosing the program(s) that best meet your needs.

As we conclude the year, our thoughts turn to those who have made our progress possible these past 48 years. On behalf of the Kimochi Board of Directors and staff, I thank our volunteers and our community of supporters. We are grateful for this dedication and support to Kimochi. You help ensure that the future generations of seniors, caregivers, and family members will continue to receive these vital services. We hope in doing so, that seniors may age with dignity and respect. It is this spirit of giving that we say to you, thank you.

Wishing everyone Happy Holidays and a healthy and prosperous New Year!



Steve Ishii  
Executive Director



Steve Ishii,  
Executive Director

2019年も年の瀬が迫ってきました。気持会が今年提供したプログラムやサービス、私共が触れた多くのシニアとその家族、また介護者について思いを馳せております。来年は創立49周年を迎えますが、引き続き皆さまに役立つ情報を発信し、社会的につながりを保つことや健康的に年を重ねていくことの重要性に焦点を当て、シニアの方々の心身の向上を目指し、また孤独な方の状況を改善していきたいと考えております。

皆さまのまわりのシニアの方々をサポートし、活動的になるよう励ましてください。気持会で参加できるプログラムには、コミュニティダイニング、シニアセンターでのグループ活動、気持会ホームでの成人デイケア、クラブ日系の遠足、C.A.R.E.プログラムの世代間ワークショップなどが数多く揃っております。こうしたプログラムにどうぞご参加ください。私共がニーズに合った最適なプログラムを選択するお手伝いをいたします。

年末を迎えるにあたって、気持会の取締役会とスタッフを代表して、これまでの48年間、気持会の向上に一役買ってくださった方たちへ、そしてボランティアの皆さまと支援者のコミュニティーに感謝いたします。気持会へのご献身とご支援をありがとうございます。皆さまのご支援により、将来の世代の高齢者、介護者、ご家族がこれらの重要なサービスを受け続けることが保証されます。そうすることで、シニアの方々が尊厳と敬意を持って年齢を重ねることができることを願っております。献身という精神に則って、皆さまに感謝の念を申し上げます。

皆さまが素晴らしいホリデーと健康で実り豊かな新年を迎えられるようお祈り申し上げます。

スティーブ・イシイ  
事務局長

## Thank You to Our Agency Sponsors



# Kimochi Legacy Society

## 気持会レガシーソサエティー

To move toward greater future sustainability, we have developed the Kimochi Legacy Society, a planned giving program where an individual or family may incorporate Kimochi into their estate planning. As a member of our Legacy Society, Rhonda Hirata, former Kimochi board member, notes "I am a firm believer in Kimochi's philosophy and wish for our community of elders to have the care and support of this organization for generations to come. I could not be more proud to leave a legacy to this amazing non-profit." Won't you consider being a part of Kimochi's Legacy Society as well?

### Planned Giving Has Impact

Your gift will help ensure Kimochi's programs and services are accessible to seniors and their families as well as enable Kimochi to develop long term strategies into the future.

### Benefits to You and Kimochi

Kimochi's Planned Giving Legacy Society may be a valuable option for you to increase income, reduce taxes, including those on your estate, and provide for the future of your heirs.

### Among the Ways to Give

#### Bequests

- Include Kimochi in your Will or Revocable Trust
- Designate Kimochi as a beneficiary of your Retirement Account, IRA, 401(k), 403(b) or Pension
- Name Kimochi as a beneficiary of your Life Insurance Policy

#### Charitable Remainder Trusts

- Create an irrevocable agreement to generate an income stream for you and your beneficiaries, with the remainder of the donated assets eventually supporting Kimochi.
- May include assets such as a Home, Land, Business Property, Stocks, and more.

#### Retained Life Estate

- Donate all or a portion of your Residence or Vacation Home, but retain use of the property while living in the property.
- At death of the final owner of the estate, proceeds from the sale of the property will go to Kimochi.

気持会が今後もしっかりと継続できるよう、私共は気持レガシーソサエティー、つまり一個人や家族がその遺産計画の中に気持会を加えるというブランド・ギビングプログラムを発展させました。気持レガシーソサエティーの一員であるロンダ・ヒラタさんは「私は気持会の考えを固く信じていますし、日本人と日系アメリカ人のシニアが今後も気持会から同じケアとサポートを享受できるようにと願っています。こんなに素晴らしい非営利団体に遺産を贈与することほど誇りに思えることはありません」と語っています。貴方も気持レガシーソサエティーの一員になりませんか。

### ブランド・ギビングは影響力があります。

皆さんからの寄付によって、シニアとその家族は気持会プログラムやサービスが利用しやすくなり、また今後の長期的戦略発展に使用されます。

### あなたと気持会にとってお得です。

気持会のブランド・ギビング・レガシーソサエティーに参加すると、収入増加、減税(ご自身の不動産に対する減税も含む)といった貴重な選択肢につながり、また遺産相続者の収入も提供されます。

### 贈与方法のいろいろ

#### 遺産分配

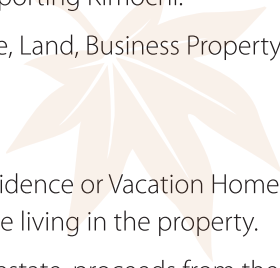
- ご自身の遺言状あるいは不確定(取消)信託に気持会を加える
- ご自身の年金口座(IRA, 401(k), 403(b))、あるいは年金の受取人の一人として気持会を指定する
- ご自身の生命保険受取人の一人として気持会を指定する

#### 残余公益信託

- ご自身と相続人への所得が持続されること、寄付された財産の残りは最終的に気持会に支払われることを明記した取消不可能契約書を作成します。
- この契約は家、土地、商業不動産、株式などの資産を含みます。

#### 保留生涯不動産

- ご自身の自宅、別荘の全てあるいは一部を寄付、ただし、その不動産物件に居住している間はその使用权を保持できます。
- 不動産の最終所有者が死亡した際は、土地売却収益が気持会に支払われます。



For more information, contact Executive Director Steve Ishii at (415) 931-2294.  
詳細は電話(415-931-2294)にてスティーブ・イシイ事務局長までご連絡ください。

# Kimochi Transportation

Did you know in 1976, Kimochi became the first minority agency to receive funds from the Urban Mass Transit Act for the implementation of transportation services? Before the federal funding, staff and volunteers at Kimochi drove seniors in their personal owned automobiles. With the fund received, Kimochi purchased a wheelchair accessible van, since then our transportation program evolved into a vital service component of our agency.



can be arranged on a case-by-case basis. The transportation program offers seniors the opportunity to use safe and reliable services which help them maintain a connection with their community and friends.

Three individuals make up Kimochi's Transportation Program team: Ryan Kobayashi,

Coordinator; Craig Ikuma, Paratransit Driver; and Carlos Osorio, Paratransit Driver. Ryan, a San Francisco native with deep ties to Japantown, has been with Kimochi for 11 years. His knowledge is instrumental in creating efficient transportation routes, providing culturally sensitive services, and planning special trips that our seniors will enjoy. Craig and Carlos participate in extensive annual training not only in geography and driver safety, but also in basic first-aid, elder abuse, and disability awareness. Besides their training, Craig and Carlos provide genuine and compassionate service, a benchmark of Kimochi, Inc.

Kimochi, Inc. provides door-to-door group van services for seniors residing in Japantown, Western Addition, Marina, Richmond, and Sunset Districts. With fixed routes that take clients from the Western Addition, Inner/Outer Richmond, Inner/Outer Sunset to Hamilton Recreation Center, Kimochi Senior Center, and Kimochi's Adult Social Day Care program. Plus, Kimochi provides shopping shuttles for seniors in the Western Addition to assist them in safely getting to and from local supermarkets such as Safeway and Trader Joe's. Additional transportation requests



If you or someone you know would like to take advantage of the transportation program we have to offer, please visit our website, [www.kimochi-inc.org/transportation](http://www.kimochi-inc.org/transportation), or contact Transportation Coordinator Ryan Kobayashi at (415) 931-2287 or [rkobayashi@kimochi-inc.org](mailto:rkobayashi@kimochi-inc.org).

## Kimochi Board of Directors

Rod Henmi, *Chairperson*  
 Ellen Kiyomizu, *Vice Chairperson*  
 Mary Ishisaki, *Secretary*  
 Mark Moriguchi, *Treasurer*

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 Roy Ikeda  
 Mari Kawaguchi  
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## 気持会送迎プログラム

1976年、気持会が送迎サービス遂行に対し、都市部公共交通機関法に基づく資金援助を受けた初のマイノリティー機関であることをご存知ですか？連邦政府から資金が援助される以前は、気持会のスタッフとボランティアが自分たちの車で高齢者を送迎していました。援助金により、車椅子対応のバンを購入することができ、送迎プログラムは気持会になくてはならないサービスとなりました。

気持会は、日本町、ウェスタン・アディクション、マリーナ、リッチモンド、サンセットの各地区に暮らす高齢者に戸別送迎バンサービスを提供しています。ウェスタン・アディクション、マリーナ、インナー/アウターリッチモンド、インナー/アウターサンセットからハミルトン・レクリエーションセンター、気持会シニアセンター、気持会成人ソーシャルデイケアプログラムへ、固定ルートで送迎しています。さらに、気持会はウェスタン・アディクションに暮らす高齢者が買い物に利用できるシャトルバスを提供し、セーフウェイやトレーダージョーズなどの地元スーパーマーケットへ安全に



行き来できるよう支援しています。その他の送迎依頼も個別に対応可能です。送迎プログラムは、高齢者に安全で信頼できるサービスを利用する機会を提供し、彼らがコミュニティーや友人とのつながりを維持できるように貢献しています。

気持会の送迎サービスチームの構成スタッフは、コーディネーターのライアン・コバヤシ、パラトラ

ンジットドライバーのクレイグ・イクマ、カルロス・オソリオです。ライアンはサンフランシスコ出身で日本町と深いつながりがあり、気持会に11年間務めています。彼の知識は、効率的な送迎ルートの作成、文化的に細心の注意を払ったサービス、気持会の高齢者が楽しめる旅行などを計画する上でとても役に立っています。クレイグとカルロスは、地域の地理とドライバーの安全性、基本的な応急処置、高齢者虐待、および障がい者の認識に関する広範囲なトレーニングに毎年参加しています。さらに、彼らのトレーニングを通して、クレイグとカルロスは、気持会の基準である誠実で思いやりのあるサービスを提供しています。



ご自身やお知り合いの方が気持会の送迎プログラムをご利用になりたい場合は、気持会ホームページ ([www.kimochi-inc.org/transportation](http://www.kimochi-inc.org/transportation)) をご覧いただくか、お電話 (415) 931-2287 または、メール [rkobayashi@kimochi-inc.org](mailto:rkobayashi@kimochi-inc.org) にて送迎コーディネーターのブライアン・コバヤシまでご連絡ください。

Save the Date!  
FREE ADMISSION!



**Kimochi Silver Bells**  
**Arts & Crafts and Food Faire**  
Saturday, December 14 - 10am to 4pm

The Event Center at St. Mary's Cathedral • 1111 Gough St., San Francisco

# Exercise and Nutrition

## 運動と栄養

Eating a healthy diet and frequent exercise can help control or delay health issues associated with aging. Regular exercise improves sleep, reduces the feelings of stress and enhances your overall emotional welfare. Eating a balanced diet, low in sodium and sugar, can help control or prevent chronic health conditions such as high blood pressure and diabetes.

As 2019 ends, we aim to make healthier choices for a healthy new year. The Kimochi Senior Center offers Tai Chi and Odori Classes if you desire to add group based exercises to your daily routine. Staff are well-versed in creating a monthly activity calendar catered to the senior's need for social, emotional and physical nourishment. These activities are in a safe and secure setting, fun, low-impact and at no cost for seniors to strengthen their mind & body. Services at the Kimochi Senior Center include daily exercise, lunch, singing, bingo, video viewing, trips, and special cultural and intergenerational activities. For more information on Senior Center activities or to sign up, please contact Elena Nielsen, Community Service Program Specialist, at [enielsen@kimochi-inc.org](mailto:enielsen@kimochi-inc.org) or (415) 931-2294.

Good nutrition goes hand in hand with exercise to improve overall health as you age. Eating a well-balanced diet is vital to control and delay age related health risks. Eat fruits and vegetables at every meal, replace processed wheat products with whole grains, and be sure to drink plenty of water. Residents of San Francisco over the age of 60 can come to Kimochi's Community Dining Program at 1840 Sutter Street, Monday through Friday, for a nutritionally balanced lunch. Visit our website, [www.kimochi-inc.org/community-dining-program](http://www.kimochi-inc.org/community-dining-program), or contact Kai Fukumitsu at (415) 931-2287 for more information.

健康的な食事の摂取と頻繁に運動を行うことによって、老化に伴う健康問題をコントロールしたり、遅らせることが可能です。定期的な運動は睡眠を改善し、ストレスを和らげ、全体的な精神的安定を高めます。バランスのとれた、塩分と糖分を抑えた献立によって、高血圧や糖尿病などの慢性疾患を抑えたり、予防することが可能です。

2019年も年末に近づいてきました。新年をより健康な状態で迎えられるように、今日から健康的な選択をするよう心がけましょう。

気持会シニアセンターでは、太極拳や踊りのクラスが開講されており、毎日の日課にグループでの運動を加えることができます。スタッフは、シニアの社会的、心身的なニーズに対応した月間活動カレンダーを作成することに精通しています。これらの活動は楽しくて身体への負担も少なく、安全安心な環境で行われ、シニアが心身ともに健康を維持できて、しかも参加費は無料です。気持会シニアセンターのサービスでは、毎日の運動、昼食、歌唱、ビンゴ、ビデオ鑑賞、遠足、特別な文化のおび世代間の活動が提供されています。シニアセンターの活動に関する詳細情報をお知りになりたい方、また活動にご参加なされたい場合は、コミュニティー・サービスプログラム担当のエレナ・ニールセンまで、[enielsen@kimochi-inc.org](mailto:enielsen@kimochi-inc.org)、または (415) 931 - 2294にご連絡ください。

年齢を重ねるにつれ、優れた栄養摂取は運動と連携して私たちの健康を向上します。バランスのとれた、塩分と糖分を抑えた献立によって、高血圧や糖尿病などの慢性疾患を抑えたり、予防することが可能です。毎食時に果物と野菜を食べ、加工された小麦製品を全粒穀物に差し替え、十分な水分補給を心がけましょう。60歳以上のサンフランシスコ市住民は、月曜日から金曜日まで、1840サターストリートにある気持会コミュニティーダイニングプログラムにて、栄養バランスのとれた昼食を楽しむことができます。詳しくは、気持会ホームページ([www.kimochi-inc.org/community-dining-program](http://www.kimochi-inc.org/community-dining-program))をご覧ください。カイ・フクミツまで(415) 931-2287にお電話ください。



# Spreading the Kimochi Spirit!

気持ちの心を広げよう!

## Old Timer's Basketball

オールドタイマーバスケットボール

The 26th Annual Old Timer's Basketball Tournament took place at JCCNC on July 13-14, 2019. Ten teams from Northern California and Seattle participated this year. The tournament is one of many ways Kimochi promotes physical activity and socialization for seniors.

第26回オールドタイマーズ・バスケットボールトーナメントが、2019年7月13日～14日にJCCNCで開催されました。今年は北カリフォルニアとシアトルから10チームが参加しました。このトーナメントは、高齢者に運動と社交の場を広げてもらうために気持会が行っているイベントの一つです。



## Nihonmachi Street Fair

日本町ストリートフェア

From August 3rd-4th, Kimochi sold over 2,000 teriburgers at the 46th Annual Nihonmachi Street Fair in San Francisco Japantown. Dozens of volunteers came out to help grill and assemble burgers over the two-day event.

気持会は8月3日～4日まで、サンフランシスコ日本町で開催された第46回日本町ストリートフェアで2000個以上のテリバーガーを販売しました。2日間のイベントで、何十人ものボランティアの方々にハンバーガー作りを手伝っていただきました。



## Perch Derby パーチダービー (スズキ 釣り大会)

Kimochi sponsored the 2019 Peninsula Fishing Club's Perch Derby; the intergenerational family event took place on Sunday, September 8th at Francis Beach. The winners of this year's Perch Derby are 3rd place Ben Tsutaoka, 2nd place Kyle Peace and recipient of 1st place prize went to John Lee with a 1lb-.06oz perch.

気持会主催の世代間交流家族イベント「2019ペニンシュラ・フィッシングクラブ・パーチダービー」が、9月8日(日曜日)にフランシスビーチで開催されました。今年のパーチダービーの結果は、第3位ベン・ツタオカさん、第2位カイル・ピースさん、そして優勝者は1.06ポンドのパーチを釣り上げたジョン・リーさんでした。



Please visit our website at [www.kimochi-inc.org](http://www.kimochi-inc.org) for more information about Kimochi events.  
If you would like to be on our mailing list, please contact Kimochi at (415) 931-2294  
or [kimochikai@kimochi-inc.org](mailto:kimochikai@kimochi-inc.org).



## Kimochi Car Show 気持会カーショー

The 8th Annual Kimochi Car Show was held on September 14, 2019 at the College of San Mateo. Over 60 participants showed their cars, which ranged from classic to muscle cars to foreign cars.

第8回気持会カーショーが2019年9月14日にカレッジ・オブ・サンマテオで開催されました。60名を超える参加者によって、クラシックカーからマッスルカー、外国車までさまざまな車が展示されました。

## Kimochi Annual Raffle 気持会毎年恒例くじ

Kimochi Annual Raffle drawing was held at the College of San Mateo on September 14, 2019. The grand prize of two round trip tickets to Hawaii was awarded to James & Rebecca Renzas, supporters of Kimochi's mission. The Renzas family was excited to hear their winning ticket announced.

気持会毎年恒例くじ抽選会が、2019年9月14日にカレッジ・オブ・サンマテオで開催されました。グランドプライズのハワイ往復ペア航空券は、気持会のサポーターであるジェイムズ・レンザスさん、レベッカ・レンザスさんが当選されました。レンザス一家の皆さんは、当選の発表を聞いて大喜びでした。



## 38th Annual Kimochi Golf Tournament 第38回気持会ゴルフトーナメント

On September 20th, 2019, the 38th Annual Kimochi Golf Tournament was held at the Richmond Country Club. Many players participated in this year's tournament and came out to support one of Kimochi's longest-running event. Congratulations to Hiro Funatsu for winning this year's tournament.

2019年9月20日、リッチモンド・カントリークラブで第38回気持会ゴルフトーナメントが開催されました。今年も多くのプレイヤーの方々に参加していただき、気持会の最長寿イベントの一つであるこの催しを盛り上げていただきました。今年のトーナメントの優勝者はヒロ・フナツさんでした。優勝おめでとうございます。







## Issho-Ni 桜祭り

Kimochi Issho-Ni 2019 took place on October 19, 2019 at Pa'ina Restaurant & Lounge. The event featured tastings of Japanese whiskey, sake, wine, beer, and Kombucha with live music entertainment by Big City Revue and DJ Rod Valdepenas. Several local businesses participated in the event, including Izakaya Rintaro, True Sake, Kenshin Sake, Mikami Vineyards, Sapporo, High Road Spirits, and House Kombucha. Japan Airlines sponsored the raffle drawing of two round trip tickets to Japan. The winner of the raffle, drawn by Stephen Katayama, was Hubert Wong.

「気持会いっしょに2019」が、2019年10月19日にパイナ・レストラン&ラウンジで開催されました。このイベントでは、ビッグシティレビューとDJロッド・バルデピナスによるライブ音楽エンターテインメントとともに、日本産ウイスキー、日本酒、ワイン、ビール、コンブチャのテイastingが行われました。居酒屋リントロウ、トゥルー・サケ、見真(ケンシン)酒、ミカミ・ヴィンヤード、サッポロ、ハイロード・スピリッツ、ハウス・コンブチャなどの地元会社がこのイベントに参加しました。日本航空様よりご提供いただいた日本往復ペア航空券は、スティーブン・カタヤマ氏による抽選の結果ヒューバート・ウォンさんが当選されました。

## KIMOCHI VOLUNTEER



**Pat Yamamura**  
パット・ヤマムラさん

My neighbor found out I was retiring and asked me to volunteer for Kimochi at either the Nutrition Program or Kimochi Home. I chose to do volunteer work at Kimochi Home. I think it's been at least 16 years since I first started volunteering. It's been so long-I've lost track. What I like most about volunteering at Kimochi Home is the people: residents/day care clients and their families, volunteers and staff. Such patience, understanding and compassion should not go unrewarded. It's very satisfying to see the interactions of our seniors and the staff. If I can help in any way—I will.

私が退職するのを知った隣人から、気持会のランチプログラムか気持ホームでボランティアをしてくれないかと頼まれたので、気持ホームでボランティアをすることにしました。ボランティアを始めてから少なくとも16年は経っていると思います。もう長いことやっているのに細かい事は忘れてしまいました。気持ホームのボランティア活動で一番気に入っているのは、入居者やデイケア利用者とその家族、ボランティアとスタッフなど、そこで出会う人々です。彼らの辛抱強く理解と思いやりに溢れる人柄は称賛されるべきものです。高齢者とスタッフのやり取りを見ていると、とても満ち足りた気分になります。私に出来ることがあれば、何でも手伝うつもりです。

## KIMOCHI VOLUNTEER SPOTLIGHT

### AFA (Asian Firefighters Association) アジア系消防士協会



The AFA (Asian Firefighters Association) is a community based organization that focuses on the Asian community through volunteerism of its members. AFA hopes to create awareness and education to keep the communities safe and secure through participation in many community events. Their hard work and dedication to volunteerism do not go unnoticed.

As an organization that relies heavily on volunteers, we greatly appreciate the commitment of the Asian Firefighters Association. Members of the AFA continuously donate their time and energy to volunteer at various Kimochi fundraising events. Their volunteerism at Cherry Blossom Festival and Nihonmachi Street Fair teriberger booth, Car Show, Issho-Ni, and Silver Bells Arts & Craft Faire have contributed to the success of the event. They have provided tremendous help to our agency and for that, Kimochi wants to thank you.

アジア系消防士協会(AFA)は、会員のボランティア活動を通じてアジア系コミュニティに焦点を当てるコミュニティベースの組織です。AFAは、コミュニティの安全を維持するために、多くのコミュニティイベントへの参加を通して、安全への認識や関心を深めたいと考えています。彼らの熱心な仕事ぶりやボランティア活動への献身が見過ごされることはありません

ボランティアに頼る部分が多い団体として、気持会はアジア系消防士協会のコミットメントを高く評価しております。AFA会員の皆さまには、気持会のさまざまな資金調達イベントにボランティアとしてお時間と体力を継続的に提供して頂いています。桜まつりや日本町ストリートフェアのテリバーガーブース、カーショー、「いっしょに」イベント、シルバーベルにおいては、彼らボランティアのおかげでイベントが成功してきました。これまでAFAの会員たちには気持会へ多大な支援を提供して頂いており、私どもはそのことに感謝の念を申し上げます。



## VOLUNTEER

Please call us at (415) 931-2294 or email us at [kimochikai@kimochi-inc.org](mailto:kimochikai@kimochi-inc.org) and we will be happy to assist in working out a volunteer schedule with you.

ボランティアに関するお問い合わせは、電話またはメールにて。  
電話: (415) 931-2294 メール: [kimochikai@kimochi-inc.org](mailto:kimochikai@kimochi-inc.org)

# Kimochi Volunteer Program

## 気持会ボランティア・プログラム

Volunteers are a much needed and relied upon resource within Kimochi's programs & services and fundraisers. It is with the assistance of volunteers that Kimochi is successful in providing a continuum of care for seniors. From as a little as one hour to a few hours a day, your volunteer support makes a huge difference.

### Nutrition Services

(Volunteers are needed Monday-Friday year round, between the hours of 9:00AM to 2:00PM.)

**Food Preparation:** Assist in preparation of meals.

**Weekday Lunch Program:** On-site assistance in serving meals, bussing and resetting of dining room.

**Home Delivered Meals:** Delivery of meals to home-bound seniors.

### Kimochi Home San Francisco and Kimochi San Mateo

(Volunteers are needed Monday-Friday year round, between the hours of 9:00AM to 5:00PM.) Kimochi Home San Francisco needs tend to be Monday-Friday; weekends for Kimochi San Mateo.

**Escorting:** Escort and assist seniors with daily walks or on an outing.

**Receptionists:** Answer phones, greet and assist visitors.

**Activities:** Assist seniors in group activities from bingo, exercise, arts & crafts, calligraphy, etc.

**Projects:** Case by case basis from handyman (fix and repair) jobs, to gardening (planting, weeding, pruning), to office assistance (clerical, etc.).

### Social Services

(Volunteers are needed Monday-Friday year round, between the hours of 9:00AM to 5:00PM.)

**Escorting:** Escort frail seniors to their appointment.

**Friendly Visitors:** Visit and provide companionship to seniors who are isolated at home or nursing home on a regular basis.

### Kimochi Lounge

(Volunteers are needed Tuesday-Saturday year round, between the hours of 11:00AM to 3:00PM. Two hours shift. Bilingual Japanese helpful.)

Volunteer duties include: Greet visitors. Assist guests with Japanese books and video rentals. Label informational materials. Organize arts and crafts displays, informational materials, Japanese books and videos. Help keep the Kimochi Lounge clean and organized.

### Fundraisers

(Schedule based on date of event, year round opportunities.)

There are a variety of fundraisers that all can assist in helping us raise funds to support our programs and services to seniors and their families.

### Contact us for more info on how to get started!

Email: kimochikai@kimochi-inc.org or call: (415) 931-2294.

気持会のプログラム、サービス、資金調達活動で、ボランティアが大変必要とされています。ボランティアのサポートがあつてこそ、気持会が高齢者ケアを継続して提供できるのです。一日にたとえ1時間から2~3時間であっても、ボランティアのサポートは大きな違いをもたらしてくれます。

### 栄養

(年間を通して月~金、9:00AM~2:00PMの間にボランティアが必要です)

**食事準備:** 食事準備の補助

**団体食事:** ホームでの食事配膳、片付け、ダイニングルームのセッティングの補助

**宅配食事:** 外出できない高齢者への食事配達

### 気持ホーム・サンフランシスコ

(年間を通して月~金、9:00AM~5:00PMの間にボランティアが必要) 気持ホーム・サンフランシスコのボランティアは週日(月曜日から金曜日)で主にお願ひしていますが、気持ホーム・サンマテオでは週末にお手伝ひして下さるボランティアさんを募集しています。

**同伴:** 毎日の散歩や外出への同伴

**受付:** 電話対応、高齢者や訪問者への挨拶・対応

**活動:** ビンゴ、運動、工芸、書道などグループ活動での高齢者補助

**プロジェクト:** 必要に応じた雑用(修理工事)、ガーデニング(植え付け、除草、剪定)、事務補助

### 社会サービス

(年間を通して月~金、9:00AM~5:00PMの間にボランティアが必要) 必要です)

**同伴:** 身体の弱い高齢者の予約に同伴

**友好訪問:** 自宅や老人ホームで孤立している高齢者を定期的に訪問、話し相手になります

### 気持ラウンジ

(年間を通して火~土、11:00AM~3:00PMの間にボランティアが必要) 必要です / 2時間制 / バイリンガルの日本人だと助かります)

ボランティア内容は、訪問者への挨拶・対応、日本語書籍・ビデオの貸出補助、情報冊子のラベル貼り、工芸ディスプレイ・情報冊子・日本語書籍とビデオの整理整頓、気持ラウンジの掃除や整頓です。

### 資金調達

(予定はイベント日程次第ですが、年間を通してボランティアが必要) 必要です)

高齢者や家族に提供するプログラムとサービスを支えるのに必要な資金を調達するイベントが色々あり、誰でもボランティアとして支援できます。

**ボランティアに関する詳細情報は、** kimochikai@kimochi-inc.org までメールか、(415) 931-2294まで電話にてお問い合わせください。

# Kimochi Loves Our Volunteers!

The continuing support of our program volunteers is vital to Kimochi's efforts to provide care for our seniors. We are grateful for their dedication. Listed are Kimochi program volunteers from April 1, 2019 – October 31, 2019. We apologize for any names we may have missed or misspelled.

|                    |                    |                     |                     |   |
|--------------------|--------------------|---------------------|---------------------|---|
| Jedd Abaya         | Kiki Goforth       | Phillip Ko          | Mizuki Nagae        | Elizabeth Takeshita   |
| Henry Adams        | Henry Hadson       | Mich Ko Tuz         | Yasuko Naiki        | Tomio Takeshita   |
| Genevieve Anderson | Amy Hanamoto       | Akio Kudo           | Chikako Nakandakari | Cherry Tan  |
| Fumie Aoyama       | Tenila Hanson      | Toshiko Kujo        | Mika Nakagawa       | Flippin Thomas  |
| Akiko Arikawa      | Michelle Heckert   | Michelle Kung       | Chiaki Nakai        | Bob Ting  |
| Anita Beckley      | Chieko Higaki      | Sumiko Kusumoto     | Nora Ng             | Mariella Todebush   |
| Alisa Brozinsky    | Teresa Ho          | Arisa Lagunzad      | Kosuke Nishii       | Douglas Tomioka   |
| Jessica Bukowski   | Laaen Honaa        | Carolyn Lai         | Hatsune Okada       | Thomas Tomioka  |
| John Buscovich     | Alexander Hongo    | Ronald Lai          | Reina Okano         | Betty Tsugawa   |
| Drew Cecchini      | Miwako Horisawa    | Venus Lau           | Roy Okano           | John Tsukamoto  |
| Brian Chang        | Hiromi Hoshino     | Alfred Lee          | Sena Okano          | Michiko Turks   |
| Chia Chi Hsieh     | Sora Hoshino       | James Lee           | Mitsuko Omachi      | UC Berkeley VHIO<br>(Volunteer Health<br>Interpreters Organization) |
| Alicia Cho         | Ken Hosoda         | Yvonne Leong        | Greg O'Neil         | Mitsuko Umemoto   |
| Brandon Cho        | Terence Hua        | Po Ling Venus Lau   | Justin Ono          | Andrew Wong   |
| Lana Choy          | Berni Hui          | Yoshiko Lohuis      | John Pai            | Betty Wong  |
| Moto Daijo         | Blake Hutshinson   | Paolo Lopez         | Lynn Pai            | Kenji Wong  |
| Tiffany Dang       | Shigeko Ichikawa   | John Lui            | Minako Perkins      | Mary Wong   |
| Chris D'Anjou      | Kay Ihara          | Sadie Lum           | Maranala Personius  | Min Wong  |
| Paul DeVita        | Alice Iiyama       | Wayne Ma            | Chun Po Chu         | Caim Wu   |
| Panos Dino         | Shizuko Ikeda      | Rona Macias         | Akiko Pugh          | Suzanne Yamada  |
| Seth Don           | Mary Ishisaki      | Steven Madsen       | Sterling Sakai      | Pat Yamamura  |
| Gray Donrider      | Andrew J.          | Kaori Makiguchi     | Yui Sakiyama        | Ron Yamato  |
| Nathan Dunmire     | Armeka Jackson Jr. | Hideji Matsumoto    | Matthew Seiki       | Michelle Ye   |
| Michael Eg         | Efe Johnson        | Janice Mitsuda      | Christina Seligbon  | Jeanne Yee  |
| Arlene Encarnacion | Taisei Kanto       | Emmett Miura        | Aki Shirakawa       | Merlynn Yeehicaiji  |
| Jack Farrell       | Akie Karahashi     | Mark Miyamoto       | Eddie Siy           | Gail Yip  |
| Jean Fukunaga      | Risa Kawasaki      | Nobuko Miyazawa     | Yoko Sugawara       | Mitzi Yorichi   |
| Fusae Furugen      | Blair Kerr         | Sachiko Mizuhara    | Toshiko Takahashi   | Sara Young  |
| Tomoko Gentolizo   | Kaori Kimura       | Teri Mizuhara       | Rina Takaki         | Linda Yung  |
| Brian Ginell       | Shunsuke Kimura    | Gail & Pierre Morin | Akiko Takashima     |   |
| Ambrogino Giusti   | Mia Kitamura       | Shizue Mortensen    | Mitsuko Takazawa    |   |



Please call us at (415) 931-2294 or email us at [kimochikai@kimochi-inc.org](mailto:kimochikai@kimochi-inc.org) and we will be happy to assist in working out a volunteer schedule with you.

ボランティアに関するお問い合わせは、電話またはメールにて。電話：(415) 931-2294 メール：[kimochikai@kimochi-inc.org](mailto:kimochikai@kimochi-inc.org)

# Ways of Giving to Kimochi, Inc.

Help ensure Kimochi's ability to sustain the Japanese tradition of care and support for seniors will be available for future generations. Your support will help to make sure Kimochi's programs and services will be available and accessible to all seniors. Kimochi, Inc. is a 501(c)(3) nonprofit tax-exempt organization. Contributions to Kimochi, Inc. are tax deductible (Tax I.D. # 23-7117402). There are many ways you can give to Kimochi, Inc.

## PLANNED GIVING

(Endowments, Wills, Trusts, Stocks, Property)

Through the Planned Giving program, you may be able to increase income, reduce taxes including estate taxes and provide for the future of your heirs.

## VEHICLE

(accepting operational and non-operational vehicles)

Donate your used car, truck, recreational vehicle, boat, jet ski or motorcycle. Kimochi will assist in all transaction paperwork (non-liability and title) and will make arrangements to pick-up your vehicle at your convenience.

## IN-KIND

Donate fresh fruits and vegetables, flowers, paper products, gift items, and healthcare equipment and supplies to one or more of Kimochi's programs. Need for items vary, so please inquire.

## EMPLOYER GIFT PROGRAMS

Designate your annual workplace campaign gift to Kimochi, Inc. or participate in your workplace's gift match program.

## UNITED WAY OF THE BAY AREA

United Way's Donor Choice Program earmarks your United Way gift to an agency of your choice. Designate your gift to Kimochi, Inc. on the United Way Campaign donation form.

## CORPORATE OPPORTUNITIES

We offer businesses tremendous public relations opportunities and high visibility at our special events.

- Become our corporate partner through financial support of a fundraising event
- Underwrite one of our many special events
- Support employee gifts with matching corporate contributions
- Contribute in-kind gifts
- Provide speaking opportunities at company meetings

## MAKE A PURCHASE ON AMAZON SMILE!

Amazon launched a new feature in 2013 that is similar to a cashback program: 0.5% of every purchase of eligible products can go towards funding Kimochi's programs and services. Items available for purchase on amazon.com is also available on smile.amazon.com at the same price. Small acts can add up to big differences in benefit of the community. It is very easy to support Kimochi:

Go to smile.amazon.com; Type in Kimochi, Inc. in the search box under "Or pick your own charitable organization"; Start shopping as you normally would on Amazon.



For additional information about giving to Kimochi, please contact Executive Director Steve Ishii at (415) 931-2294 or sishii@kimochi-inc.org.



## 寄付の仕方いろいろ

気持会が日本の伝統的なシニアケアを継続できるように、そして次世代にも継承できるように、皆様のご支援をお願いしています。全てのシニアが気持ホームの各種プログラムとサービスを利用できるように皆様のご協力が必要です。気持会は501(C)(3)の非課税を受けられる非営利団体です。気持会への寄付は免税となります。(Tax ID# 23-7117402)様々な方法で気持会に寄付することが可能です。

### 遺産の計画寄付

(寄贈、遺言、信託、株式、不動産)

計画寄付プログラムによって、ご自身の収入増加、不動産税を含む税金額の減少、相続人の安定した将来を可能にします。

### 乗用車

(運転可能かどうか問わず)

中古車、トラック、トレーラー、ボート、ジェットスキーやバイクを寄付してください。気持会が必要な書類手続きを代行し、ご都合の良い時に乗用車を取りに伺います。

### 現物寄付

新鮮な果物、野菜、花、紙製品、贈答品、ヘルスケア機器と消耗品を気持プログラムに寄付できます。必要な物かどうかお問い合わせください。

### 職場でのギフトプログラム

職場で年間キャンペーンギフトとして気持会のために寄付を集める、あるいは会社のギフトマッチプログラムに参加して寄付できます。

### UNITED WAY OF THE BAY AREA

United Wayのドナーチョイスプログラムでは、United Wayへの寄付を指定したグループに割り当てることができます。United Wayのキャンペーン寄付申込書で気持会をご指定ください。

### 企業での寄付機会

大変貴重なPRのチャンスになります。気持会のイベントで企業アピールができます。

- ・ 気持会の企業パートナーとして、ファンドレイジングイベントを金銭的に支援する。
- ・ 職員の寄付活動をサポートし、集まった金額と同額を企業も寄付する。
- ・ 現物での寄付
- ・ 企業ミーティングで講演会を提供

### アマゾン・スマイルでショッピングを!

アマゾンは2013年、キャッシュバック・プログラムに似た新しいサービスを開始しました。これは、該当商品の売り上げ金額の0.5%が気持会のプログラムやサービスに寄付されるサービスです。Amazon.comで購入できる商品は、smile.amazon.comでも同じ価格で購入できます。小さな心遣いでも積み重ねればコミュニティに大きな影響を与えることができます。気持会を支援するのはとても簡単です。

まず、smile.amazon.comのウェブサイトを開き、「Or pick your own charitable organization」の下にある検索ボックスに「Kimochi, Inc.」と入力します。その後は、アマゾンで普段購入するように買い物をしてください。

**amazon smile**  
**You shop. Amazon gives.**

気持会への寄付に関するお問い合わせは、  
事務局長スティーブ・イシイ(415)931-2294、sishii@kimochi-inc.orgまでご連絡ください。



# Donations

Kimochi, Inc. thanks the following donors (monetary and in-kind) for their generous contributions between April 1, 2019 – October 31, 2019 to Kimochi, Inc. Names in bold identify those who have been honored in memory of and in honor of with a donation gift to Kimochi, Inc. This list includes general agency donations and donations designated to support a specific program. It does not include sponsors and contributions for fundraiser events. We apologize for any names we may have missed or misspelled.

## Donations in Memory of

### **Hideko Ando**

Chihoko Ando

### **Warren Eijima**

Sharon Kato

### **Addie Fukuda**

Jean Kawahatsu

### **Terrie Furuta**

Stanley Furuta

### **Larry Gojio**

Jennifer Thomas

### **Tokuji & Haruye Hedani**

Leroy & Barbara Hedani

Morishita

### **Kaoru Hidekawa**

Carole Henmi

Betty Toguchi

### **Kiyo Hirose**

Akiyama Living Trust

Tyler & Thalia Chan

Lorraine J. Chan

Dean Hedani

William & May Hirose

Michelle Hirose

Mr & Mrs. Joe

Ken & Karen Kawaguchi

Lowell & Donna Kimura

Tets & Jeannie Matsumoto

Tad Matsumoto

Ralph Matsumoto

Leroy & Barbara Hedani Morishita

Randolph Takasuka

Kent Takeda

Leslie Takei

Lilly Y. Takei

Marna Tanaka

Alan & Carolyn Yamashiro

Norma Yamauchi

### **Tsuyu Hiura**

Sandra Gin

Kenneth Kawabata

### **Helen Hori**

Joel Hayashida

Tom T. Kawakami

Marlene R. Kono

Glenn Miyamoto

Anne Murphy

Sylvia Payne

Cheryl Welch

### **Shoji Horikoshi**

Will & Myrna Tsukamoto

### **George Ikenaga**

Mary Ikenaga

### **Ben Ishisaki**

Mary Ishisaki

Randall & Beverly Young

### **Don & May Iwahashi**

John & Marjorie Tsukamoto

### **Keiji Kanegawa**

Henry Kanegawa

### **Grace Kase**

Yoshiko Kashiwagi

### **Fusaye Kato**

Lucille Chin

Mary Ikenaga

Robert Kawano & Mary Eijima

Riyo Kunisawa

Aki & Michiko Kuramoto

Josephine & Sumi Matsuda

Jeffrey & Sandra Mori

Mineko Takata

Bill & Cindy Ward

### **Margaret Kikkawa**

Jean Fukunaga

Ryan A. & Margaret Y. Harada

Russell Kishida

Michiko Tashiro

Shinji & Carolee Yao

### **Hanayo Kitagawachi**

Riyo Kunisawa

### **Leatrice T. Kobuchi**

Glenn & Doris Kobuchi

### **Shigeo Kubota**

Leona Nakagawa

### **Yukio Kumamoto**

Emyko Sakakura

### **Fred Y. Matsumoto**

Yutaka & Yoshiko Matsumoto

### **Michikazu & Mitsuko Nakai**

David Nakai

### **Vicky Mihara**

Steve & Etsie Nakajo

### **Tats Nagase**

Ong and Kimura, Inc.

### **Minoru & Miye Matsumoto**

Michiko Matsumoto

### **Takara & Kaoru Noda**

Tom & Marilyn Swartz

### **Anna Nomura**

Arly J. Fong

Lucille Fukuda

Gail Horita Gee

Richard Hirayama

Stephen Ikemiya, DDS Inc.

Kanako Iwata

Robert Kawano & Mary Eijima

Toshio Mitsuda

Emiko Nakahiro

Steve & Etsie Nakajo

Yukiko Nakano

Ricky & Glenda Okamura

Jerry & Eleanor Osumi

Kenneth & Helen Sato

Yone Shintaku

Rosalind K. Uno

Alice K. Yamate

### **May Ochi**

Somao Ochi

### **Shizu Sakai**

Hisaji Q. Sakai

### **Sum & Jenny Seto**

Kazuo "Joe" & Rosalyn Nanya

### **Thomas Shinagawa**

Robin Shinagawa

### **Misako Sumida**

Mie Barbara Nagareda

Leslie Ching

Norman & Colleen Choy

Dorothy Church

Nae Fujita

Ryan A. & Margaret Y. Harada

Don & Christina Hirose

Mike & Vickie Ina

Mary Ishisaki

Stan Kadani

Mary Kao

Howard & Ruby Kato

Wayne Regan

Patricia Sheehan

Marjorie Singer

James R. Tanaka

Joyce Terao

Himeo Tsumori

Bill Yamauchi

### **Harry Suzuki**

Lorraine Suzuki

### **Yae & Joe Tondo**

Sharon Kato

### **Ryuji & Kiku Tsuchitani**

Chiyeko Tsuchitani

### **Kiko Tsujisaka**

Wayne & Chris Hiroshima

### **Robert Uomoto**

Grace Uomoto

### **Yoshiko Watanabe**

Atsushi Katsumoto

### **Kun Chang Wu**

Cindy W. Yee

### **Hisashi Yamamura**

Randy & Linda Shigio

Scott B. Tomioka

### **Virginia Yamate**

Don Yamate

### **Yutaka Yao**

Raymond Kawamoto

## Donations (continued)

### Donations in Honor of

**Yumi Berman**

Haruyo Balistreri  
Seigo Maeda  
Grant T. Tomioka  
Gloria E. Uejima

**Ramona Davies**

Jeffrey & Sandra Mori

**Hiromi Eijima**

Fumiko Saito

**Hyunhee Lee**

Tina Choi  
Alexander Chung  
Young U. Kang

**Sandy Mori**

Tobias & Tomoko Yeh

**Steve Okamoto**

Shig & Chiyo Takao

**Joan T. Suzuki**

Doris Tsai

**Grant Tomioka**

Marjorie I. Fletcher  
Riyo Kunisawa

**Pat Yamamura**

Ada Sadler

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|                                |                         |                          |                           |
|--------------------------------|-------------------------|--------------------------|---------------------------|
| Cecilia Ajemian                | Hector Esparza & Irene  | Chung S. Kim             | Julieta Mendoza           |
| Keiko Akashi                   | Minabe                  | Duk Rea Kim              | Janice Mitsuda            |
| Gemma Alba                     | Rodger & Gayle Fujinaga | Greg Joo Kim             | Sumiko Miyata             |
| Peter Almazol & Kathleen       | Stanley Furuta          | Hea Ja Kim               | Pat Mizuhara              |
| Clancy                         | Paul Gamba              | Travis & Cheryl Kiyota   | Sachiko Mizuhara          |
| Christian Ard                  | Sun Yi Gedrocz          | Kazuko Kommer            | Mi Ja Mok                 |
| Makoto Asahara                 | Gail Horita Gee         | Manuela Kong             | Sun Hee Moon              |
| Haruyo Balistreri              | Tetsuyo Goto-Guiulfo    | Richard & Grace Kono     | Jeffrey & Sandra Mori     |
| Kiko Banne                     | Tanako Hagiwara         | Chika Kujiraoka          | Kuniko Naito              |
| Alice Suet Yee Barkley         | Sango & Mariko Harumi   | Riyo Kunisawa            | Kinuko Nakamura           |
| Benkyodo Co.                   | Patricia Hattori        | Yukiko Kuno              | Shizunami Nakamura        |
| Mabel Bialik                   | Carle Hirahara          | Hwa Ok. Kwon             | Chikako Nakandakari       |
| Christina K. Bjorman           | Miwako Horisawa         | Alson Lee                | May Nakano                |
| Myrna Capuli                   | Helena Setsuko Huoh     | Mike Lee                 | Bobby Nakata              |
| Florita Castillo               | Masahiko & Kazuye Ikuma | Yoshiko Lohuis           | Akira Nakatani            |
| Leonard & Mabel Chan           | Fumie Ishii             | Rick W. Louie            | Kazuo Joe & Rosalyn Nanya |
| Tim Chang                      | Imiko Ishii             | Arnold & Junko Nerio Low | Kin Cheong Ng             |
| Jung Soon Cho                  | Lawrence Joe            | Franklin & Yoko Lum      | Sally Sachie Ng           |
| Christ Episcopal Church        | Nan Wha Jwang           | Takako MacKay            | Clara M. Nishimoto        |
| Alexander Chung                | Mi Ok Jyung             | Steven Madsen            | Nomura & Co.              |
| Sang Ho Chung                  | Toshiko Kamishita       | Seigo Maeda              | Kyoko Nonaka              |
| Compass Real Estate            | Janet Kashiwada         | Miyuki Masada            | Somao Ochi                |
| Marion Dietzen                 | Teruko Kauhi            | Daphne Matsumoto         | Ranko Oguna               |
| Charles Drucker                | Tom T. Kawakami         | Mary Anne McGuire-Hickey | Kazumatsu Ohno            |
| Educational Planning, Inc. USA | Masako Kawase           | Lynda Meade              | Thomas H. & Ruby Okamoto  |
| Sachie Erabi                   | Kyoko Keenon            |                          |                           |



## Donations (continued)

|  |                                  |                             |                             |
|--|----------------------------------|-----------------------------|-----------------------------|
| Denis & Audrey Okita                   | San Francisco Nisei Fishing Club | Marumi Suyeyasu             | Minoru & Toyoko Ueda        |
| JoAnn Ono-Wong                         | San Francisco State University   | Seiji & Nancy Suzuki        | Shoko Umekubo               |
| Ken & Linda Oshita                     | Irvin K. Sasaki                  | Karrie Takahashi            | Akiko Ushijima              |
| Doug & Gladys Ota                      | Tom Sasaki                       | Darin Takakura              | Mikio Wada                  |
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| Chung Kook Park                        | Patricia Sharp                   | Hitoshi & Mariko Takeshita  | Gemma Wong                  |
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| Ruri Sakurada                          | Dale Spink & Nancy Nakai         | Kirk & Lyn Tomioka          | Gregory B. Yee & Karen Ono  |
| Giiichi Sakurai                        | Jeff Suda                        | Kenji & Mary Tomita         | Akemi Yokoe                 |
| San Francisco Fire Fighters Local #798 | Larry Sugimoto                   | Tomoe Torp                  | Shandra Yoshimi             |
|  | Shuji Suruki                     | Yukie Uchiyama              | Anne Yoshiwara              |

## Visit our website [www.kimochi-inc.org](http://www.kimochi-inc.org)

### 気持会のウェブサイト

The Kimochi website provides information on Kimochi programs and services that are designed to help seniors live independently at home for as long as possible. The website includes information (and any eligibility requirements) to participate in our meals programs, adult day services, transportation services, active senior programs, counseling and referral services, etc. Kimochi also operates two Bay Area assisted living facilities, Kimochi Home in San Francisco's Japantown and Kimochi San Mateo in the Peninsula.

Share the web address or link below with those who may need a touchstone for help and resources -- or who may be interested in learning about Kimochi.



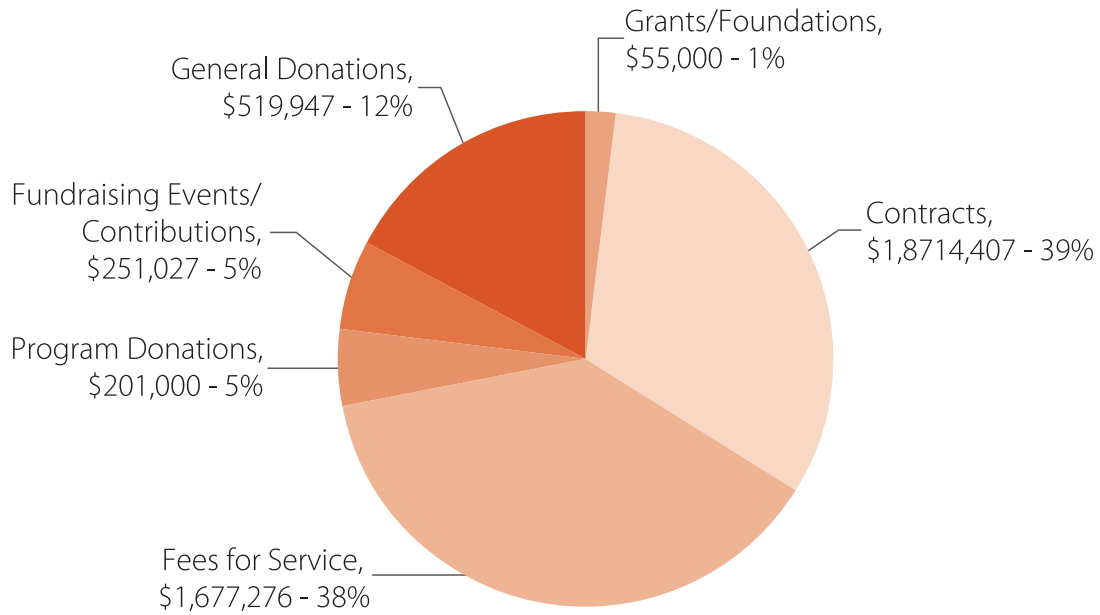
気持会のウェブサイトでは、シニアの方々がご自宅で可能な限り自立した生活を送って頂くための、気持会各種プログラムやサービスについての情報がご覧いただけます。食事プログラム、デイサービス、送迎サービス、アクティブシニア・プログラム、カウンセリングや情報提供サービスなどの詳細や、サービスを受けて頂くための対象

条件などが掲載されています。また、気持会はベイエリアでサンフランシスコ日本町の気持ホームとペニンシュラ地域にある気持ホーム・サンマテオ、2軒の介護施設を運営しています。

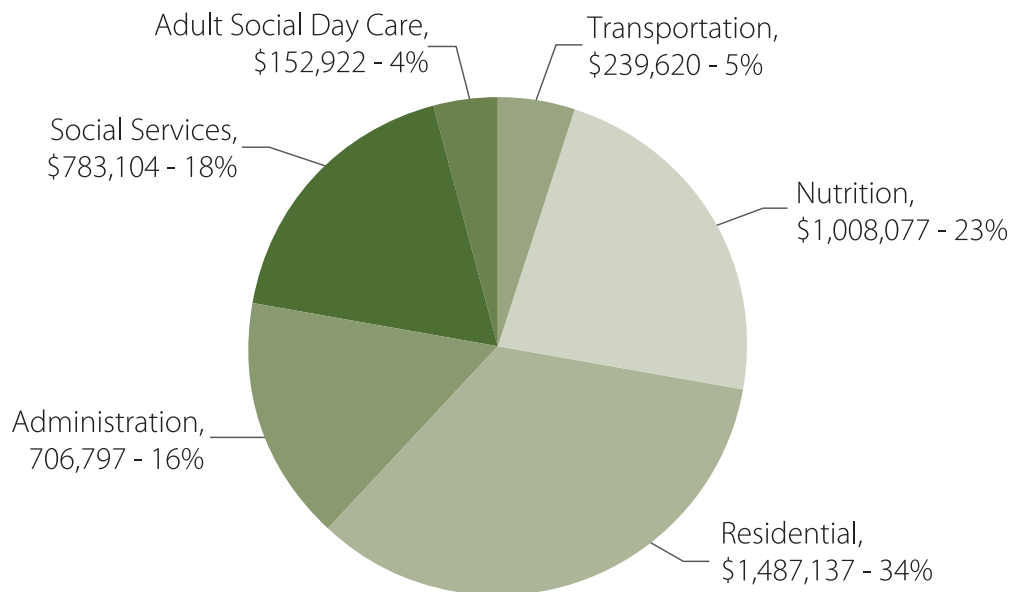
支援や情報が必要な方、気持会の活動についてご興味のある方に、是非下記のウェブアドレスやリンクをご紹介下さい。

# Kimochi, Inc. Budget 2019 - 2020

## Sources of Funds Total: \$4,378,657



## Expenses Total: \$4,378,657





## Always Fun Club Nikkei Outtings

### いつも楽しいクラブニッケイアウトテング

This membership based program is designed to outreach and provide active, independent seniors with a range of social activities and excursions to enjoy. Membership fees are annual and include door-to-door transportation.

Group activities can include tours and trips to museums, exhibits and casinos, scenic drives to parks and gardens, stage performances, lunches and dinners at area restaurants. Members are provided a two-month calendar of planned activities; additional pricing can vary depending on the activities, i.e. ticket prices, admission, etc. Please visit our website at [www.kimochi-inc.org](http://www.kimochi-inc.org) to view the current month's and next month's event calendar.

For additional information please contact Grace Hulleza, Club Nikkei Coordinator at (415) 931-2294 or [ghulleza@kimochi-inc.org](mailto:ghulleza@kimochi-inc.org).



- 1 Luncheon day trip "Pacific Catch"
- 2 SF Decorator Showcase
- 3 The Roseville Telephone Museum and Tea

# Healthy Recipes for the Cold Winter Months

## 寒い季節にぴったりのヘルシーレシピ

Healthier ingredients and cooking methods in the kitchen can help keep everyone healthy during the cold winter months. While seniors often eat less than in the younger years, the nutritional value and quality of the food are important. Here is an easy recipe for seniors and families to enjoy during the holidays.

### Asian Noodle Soup with Shrimp

Makes 4 servings

Prep: Hands-on time: 10 minutes, total time: 20 minutes

#### Ingredients

- 6 cups low-sodium chicken broth
- 2 tablespoons soy sauce
- 1/4 small head Napa cabbage, chopped
- 2 ounces of wonton wrappers, cut into 1/2-inch strips
- 1/2 a pound of medium shrimp, peeled and deveined
- 1 cup snow peas, halved
- 1 tablespoon rice vinegar
- 1/2 cup basil leaves

#### How to Make It

**Step 1:** Bring the chicken broth and soy sauce to a boil in a large pot.

**Step 2:** Add the Napa cabbage, wonton wrappers, and shrimp. Simmer until the shrimp are opaque throughout and the noodles are tender, 3 to 4 minutes.

**Step 3:** Add the snow peas and rice vinegar. Top with basil leaves.

寒さの増すこの季節、若い頃に比べると食が細くなっている高齢者にとっては、栄養価と質の高い食事を摂ることが重要です。ヘルシーな材料と調理法を考慮し、家族全員の健康を維持しながら冬を乗り越えましょう。今号では、高齢者とそのご家族の為の簡単なレシピを紹介します。ぜひお試しください！

### エビ入りワンタンスープ

ランチやディナーに最適な簡単レシピです。

#### 材料(4人分)

- 低塩チキンブロス 6カップ
- 醤油 大さじ2
- 小ぶりの白菜 1/4(刻んでおく)
- ワンタンの皮 2オンス(1/2インチ幅に切る)
- 中くらいのエビ 1/2パウンド  
殻をむき背わたを取る)
- サヤエンドウ 1カップ(半分に切る)
- 米酢 大さじ1
- バジル 1/2カップ

#### 作り方

1. 大鍋にチキンブロスと醤油を入れ沸騰させる
2. 白菜、ワンタン、エビを加え、エビの色が白っぽくなり、ワンタンが柔らかくなるまで3~4分煮込む。
3. サヤエンドウと米酢を加え、バジルを散らす。



# Kimochi, Inc. Staff Directory

## KIMOCHI ADMINISTRATION

1715 Buchanan Street, San Francisco, CA 94115  
tel (415) 931-2294 fax (415) 931-2299

Steve Ishii, *Executive Director*  
Diane Noguchi, *Assistant to Executive Director*  
Shawne O'Connell, *Director of Programs*  
Rod Valdepenas, *Controller*  
Dorothy Gin, *Payroll Manager*  
Debbie Yee, *Administrative Assistant*  
Gigi Huie, *Administrative Assistant*  
Aki Akiyama, *Receptionist*  
Riyo Kunisawa, *Receptionist*

## C.A.R.E. (Children, Adults, Respecting Elderly)

1715 Buchanan Street, San Francisco, CA 94115  
tel (415) 931-2294 fax (415) 931-2299

Jacob Yasushi-Okie Ahearn, *C.A.R.E. Program Specialist*

## SOCIAL SERVICES

1715 Buchanan Street, San Francisco, CA 94115  
tel (415) 931-2275 fax (415) 931-2299

Yumi Berman, *Social Services Coordinator*  
Hyunhee Lee, *Case Manager*  
Yoshimi Higuchi, *Case Manager*  
Cindy Yee, *Nihonmachi Terrace Case Worker*  
Hiromi Ejima, *Nihonmachi Terrace Case Worker*

## KIMOCHI SENIOR CENTER

1840 Sutter Street # 101, San Francisco, CA 94115  
tel (415) 931-2287 fax (415) 931-2299

Kai Fukumitsu, *Senior Center Coordinator*  
Ogee Fairy Erana, *Senior Center Assistant*  
Natalia Covacha, *Nutritionist*  
William Chu, *Assistant Cook*  
Yoshiki Inagawa, *Assistant Cook*  
Lee Bok Wang, *Assistant Cook*  
Walter Schulze, *Home Delivery Driver*  
Dave Sugaya, *Home Delivery Driver*  
Gustavo Cardoza, *Dishwasher*  
Xiao Fan Mo, *Dishwasher*

Ryan Kobayashi, *Transportation Coordinator*  
Carlos Osorio, *Paratransit Driver*  
Craig Ikuma, *Paratransit Driver*

## COMMUNITY SERVICE

1715 Buchanan Street, San Francisco, CA 94115  
tel (415) 931-2294 fax (415) 931-2299

Elena Nielsen, *Community Services Program Specialist*

## KIMOCHI HOME

1531 Sutter Street, San Francisco, CA 94109  
tel (415) 922-9972 fax (415) 922-6821

Linda Ishii, *Administrator*  
Debbie Hsieh, *Adult Social Day Care Coordinator*  
Sandy Ishii, *Adult Social Day Care Assistant*  
Misaki Sugai, *Assistant Coordinator*  
Tsoodol Altantuya, *Resident Assistant*  
Bolormaa Bayarmagnai, *Resident Assistant*  
Hiromi Cardoza, *Resident Assistant*  
Mercedes Hernandez, *Resident Assistant*  
Sara Matsuzaki, *Resident Assistant*  
Shine Nasan, *Resident Assistant*  
Yumie Ono, *Resident Assistant*  
Aireen Rivera, *Resident Assistant*  
Michiko Turks, *Resident Assistant*  
Guadalupe Gutierrez, *Janitor*

## KIMOCHI LOUNGE

1581 Webster Street # 202, San Francisco, CA 94115  
tel (415) 563-5626 fax (415) 931-2299

Basil Lee, *Information and Referral Worker*

## KIMOCHI SAN MATEO

453 N. San Mateo Drive, San Mateo, CA 94401  
tel (650) 388-7130 fax (650) 340-0256

Linda Ishii, *Administrator*  
Terue Shinohara, *Support and Wellness Manager*  
Bhawana Shah, *Care Manager*  
Greg Hamaguchi, *Head Cook*  
Tomoko Ogawa, *Assistant Cook*  
Rodrigo Enriquez, *Home Delivery Driver*  
Myrna Bagus, *Resident Assistant*  
Madhu Chhetri, *Resident Assistant*  
Alicia Fontanilla, *Resident Assistant*  
Zenaida Garcia, *Resident Assistant*  
Leslie Halaapiapi, *Resident Assistant*  
Elizabeth Nakata, *Resident Assistant*  
Anacorita Smith, *Resident Assistant*  
Seforsa Tavuki, *Resident Assistant*  
Myrna Torio, *Resident Assistant*  
Clara Vibar, *Resident Assistant*

## CLUB NIKKEI

1715 Buchanan Street, San Francisco, CA 94115  
tel (415) 931-2294 fax (415) 931-2299

Grace Hulleza, *Club Nikkei Coordinator*

# Kimochi, Inc. Service Directory

*Continuing Generations of Caring*

Since 1971, Kimochi, Inc. has developed and promoted an intergenerational philosophy of care for seniors and families from San Francisco's Japantown. Our current continuum of care includes the following programs and services:

## **Kimochi, Inc.**

**1715 Buchanan, San Francisco, CA 94115 • Administration: (415) 931-2294 • Social Services: (415) 931-2275 • Fax: (415) 931-2299**

### **Administration**

The Administrative building is owned and operated by the agency and houses the administrative staff and the volunteer program.

### **Social Services Program**

Our staff is bilingual in English, Japanese, and Korean and provides language translation, information and referral, counseling, family caregiver support, case management and homecare registry assistance.

*The program annually assists 600 seniors and families providing 5,000 hours of services.*

### **Club Nikkei**

This membership based program is designed to outreach and provide healthy, independent seniors with a range of social activities and excursions to enjoy. Staff provides members with an activity calendar and transportation options.

### **Home Safety Service**

Staff schedules and conducts home safety assessments for San Francisco homeowners to help them identify potential and existing safety issues that could compromise their ability to live safely and comfortably at home.

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## **Kimochi San Mateo**

**453 N. San Mateo Drive, San Mateo, CA 94401 Tel:(650) 346-7130 Fax: (650) 340-0256**

### **Residential Care** (License #415600974)

Kimochi San Mateo is licensed by the State of California to provide 24 hour supervised non-medical care to ambulatory and non-ambulatory seniors. We have the capacity to house 14 seniors in either single or shared rooms. Each room has a private bathroom. Please call for more information on how to apply for a stay with us.

### **Home Delivered Meals Program**

Japanese and Asian style hot lunches are prepared and delivered Monday through Friday for seniors living at home. Meals are for those who are homebound and unable to prepare meals on their own. This is a donation based program and deliveries are scheduled based on need and geographic proximity to the Kimochi San Mateo site.

### **Family Caregiver Support Program**

Family members and friends are often providing caregiving support to their spouses, parents and to seniors in the community. This program offers information, outreach and supportive services to strengthen a caregiver's capacity to help keep seniors at home. We schedule presentations, home visits, support groups, and provide information and referrals to help address the unique needs of each family who contacts us.

**Please visit our website at [www.kimochi-inc.org](http://www.kimochi-inc.org) for more information about our various programs and services. If you would like to be on our mailing list, please contact Kimochi at (415) 931-2294 or [kimochikai@kimochi-inc.org](mailto:kimochikai@kimochi-inc.org).**

## Kimochi Lounge

**1581 Webster Street #201, San Francisco, CA 94115 • Tel: (415) 563-5626 • Fax: (415) 931-2299**

The Kimochi Lounge, located within Japan Center, is the agency's original site. Seniors come to "the lounge" to catch up on community news and socialize. The site also houses a book and video library where seniors can check out materials for free. There is also a senior information and resource section with health, safety, nutrition, and caregiving materials for seniors and families.

This site is annually visited by 5,000 seniors, families, and visitors from throughout California and other countries.

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## Kimochi Senior Center

**1840 Sutter Street, #101, San Francisco, CA 94115 • Tel: (415) 931-2287 • Fax: (415) 931-2299**

(Japanese Cultural and Community Center of Northern California – JCCCNC)

### Weekday Lunch Program

A nutritious well-balanced Japanese style hot lunch is provided five days a week. Any senior 60 years of age or older is welcome. A five week menu is produced by staff, and our nutritionist ensures each meal is healthy, nutritionally well-balanced and adequately proportioned for seniors. An average of 300 meals is served daily.

The program annually serves 1,200 seniors 75,000 lunches.

### Home Delivery Program

Seniors who are physically unable to travel to the senior center due to a disability or illness, can receive our Japanese style hot lunches at home. Each recipient is required to complete an eligibility assessment on a quarterly basis.

The program annually serves 130 homebound and frail seniors 29,000 lunches.

### Senior Center

In addition to enjoying lunch at the nutrition program, seniors are encouraged to participate in activities at The Center. Staff and volunteers plan and offer a variety of activities on a monthly basis. We have morning exercise classes, a ceramics class, group singing classes, odori, bingo, arts and crafts, day trips, and overnight trips.

The program annually serves 300 seniors and offers 700 hours of exciting activities.

### Transportation

Safe and reliable door-to-door transportation services are provided to help seniors maintain a connection with their community and friends. Transportation can also be requested for medical trips and grocery shopping.

The program annually assists 150 seniors with 10,000 rides.

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## Kimochi Home

**1531 Sutter Street, San Francisco, CA 94109 • Tel: (415) 922-9972 • Fax: (415) 922-6821**

### Adult Day Program (License # 380504138)

This program is licensed by the State of California to provide seniors in need of supervision and support with a schedule of social and recreational activities in a safe and secure setting.

The program annually assists 40 seniors who receive 21,000 hours of services and activities.

### Residential and Short Term Respite Care (License # 380504099)

This program is licensed by the State of California to provide 24 hour non-medical care to ambulatory seniors. We have the capacity to house 20 seniors in either single or shared rooms.

# KIMOCHI

CONTINUING THE JAPANESE TRADITION OF CARE AND SUPPORT FOR SENIORS

1715 Buchanan Street • San Francisco, CA 94115

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FREE ADMISSION!



## Kimochi Silver Bells

Arts & Crafts and Food Faire  
Saturday, December 14 - 10am to 4pm



Don't miss the One Stop Shopping Event for all your holiday gifts!

Featuring Asian and Pacific Islander themed arts & crafts and foods from over 90 vendors!

The Event Center at St. Mary's Cathedral  
1111 Gough St., San Francisco

FREE Kimochi Shuttle to/from Japantown (pick up/drop off at Peace Plaza, Post/Buchanan Sts.)

For more info call or email us at 415-931-2294 • kimochikai@kimochi-inc.org  
[www.kimochi-inc.org](http://www.kimochi-inc.org)

## amazon smile

You shop. Amazon gives.

There are many simple ways to support the agency, including using **AmazonSmile** and selecting Kimochi as your charitable organization. Small acts can add up to big differences in benefit of the community. For more information, please visit the webpage: <https://www.kimochi-inc.org/ways-to-give-1>

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Visit us online at [www.kimochi-inc.org](http://www.kimochi-inc.org)

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